

August 10 - August 23, 2012

2012年8月10日 - 8月23日

Tufts Launches Laboratory Community Advisory Committee

Written by Teresa Cheong

In response to public concerns about the operation of the Arnold 8 Biosafety Laboratory, Tufts University School of Medicine (TUSM) has formed a Community Advisory Committee (CAC) to assess all aspects of the project, from its benefits to potential risks, and analyze public opinions collected in different public meetings. The team had their orientation meeting on July 11.

The CAC members include: Janelle Chan, executive director of Asian Community Development Corporation, Paul K. Chan, director of development of Massachusetts Housing Investment Corporation, Richard Chin, Gilbert Ho, board member of Chinatown Main Street, Chau-ming Lee, executive director of Asian American Civic Association, Bill Moy and Ruth Moy, executive director of the Greater Boston Chinese Golden Age Center.

The CAC will function as an independent body whose members will apply their individual experience and expertise to any questions or issues raised by the laboratory project. The committee will meet regularly throughout the permitting process and may continue to provide an ongoing voice when the laboratory begins operation.

"Chinatown is a very diverse neighborhood and we want to make sure that everyone -- whether they are Chinese seniors, or a young family, or a graduate student -- can understand what's going on and also know that Tufts is listening and responding," said Janelle Chan, one of the CAC members.

TUSM is constructing a 1,700-square-foot tuberculosis research laboratory within its existing medical research building at 136 Harrison Avenue. It will be their first biosafety level 3 (BSL-3) laboratory, and the facility will be operational in 2013. TUSM announced the news in May and have already organized eight public meetings to invite Chinatown residents to comment on the project.

Henry A. Yee, co-chairman of Chinatown Residents Association, Boston, suggested that some Chinatown residents are concerned about having the laboratory built in the heart of Chinatown.

He said in a phone interview that even though tuberculosis is not a serious illness, the public is worried about any possible leaks that will directly affect their health.

Kimberly M. Thurler, director of public relations at Tufts University, reassured that the laboratory will incorporate a number of special features to protect researchers and ensure that the bacteria cultures are isolated.

"We have physical barriers, such as biosafety cabinets and sealed walls, and a specialized air system to protect the researchers and prevent the agents [tuberculosis] from leaking to the external environment. We have an enormous room of air filters to clean the air before emitting it to the environment," she said.

Thurler also explained that in the U.S., there have never been any major accidents in a BSL-3 laboratory that affect

SEE TUFTS ON PAGE 3

Safety Features:

- Biosafety Cabinets
- Localized Tanks at Each Sink for Waste Water
- Redundancy in All Safety Systems - Backup Power, Two Vent Fans, Two Autoclaves
- Special Filters
- Restricted Access Through Multiple Security Check Points
- Boston Public Health Commission, Massachusetts Building Code, Federal Guidelines

安全措施包括:

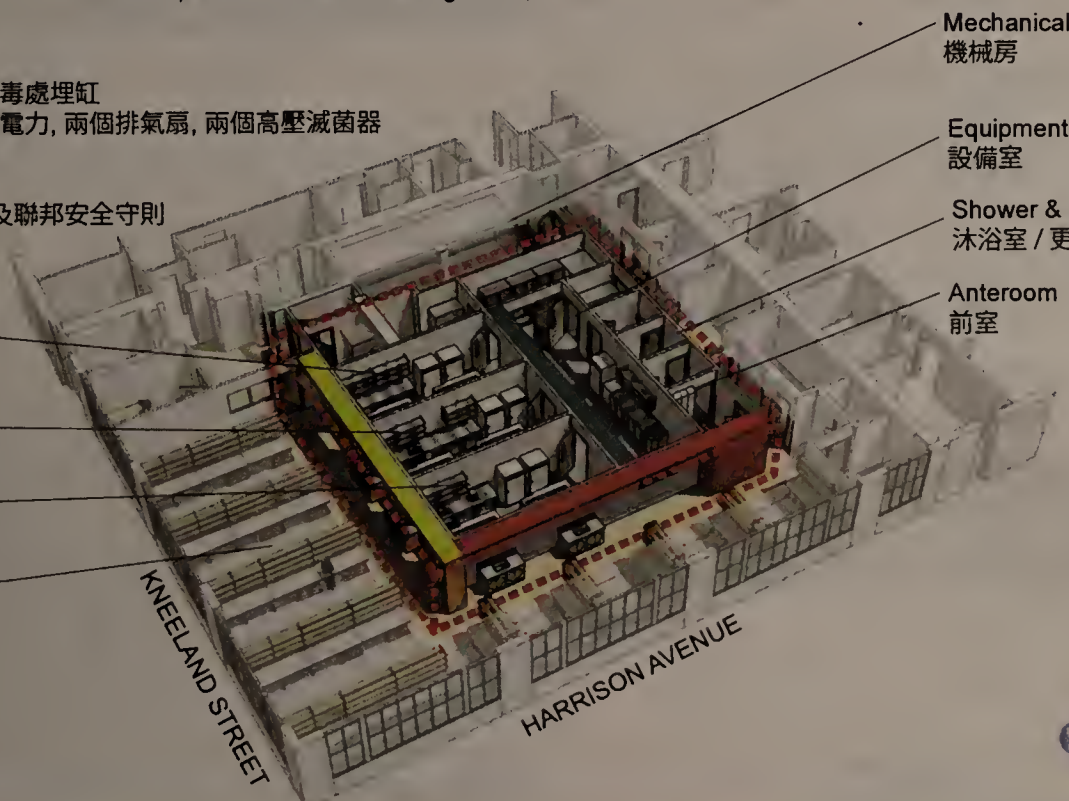
- 生物安全櫃
- 每個清洗盤附設消毒處理缸
- 雙重保險包括後備電力, 兩個排氣扇, 兩個高壓滅菌器
- 專用過濾器組
- 嚴格保安措施
- 附合波士頓, 麻省及聯邦安全守則

Workroom #1
實驗室一號

Workroom #2
實驗室二號

Workroom #3
實驗室三號

Open Laboratory
開放實驗室



Mechanical
機械房

Equipment
設備室

Shower & Gowning
沐浴室 / 更衣室

Anteroom
前室



School of Medicine

136 HARRISON AVENUE

KNELAND STREET

Workroom #1

Workroom #2

Workroom #3

Open Laboratory

Mechanical

Equipment

Shower & Gowning

Anteroom

136 HARRISON AVENUE

KNELAND STREET

Workroom #1

Workroom #2

Workroom #3

Open Laboratory

Mechanical

Equipment

Shower & Gowning

Anteroom

136 HARRISON AVENUE

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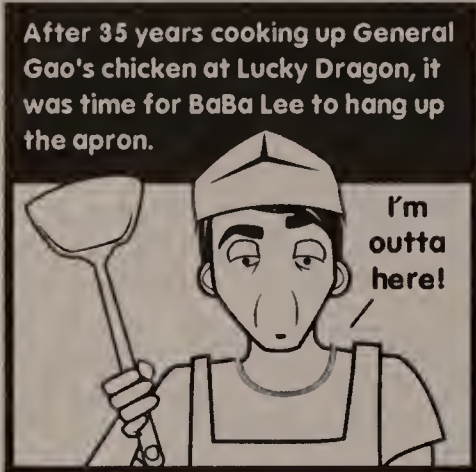
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Shower & Gowning

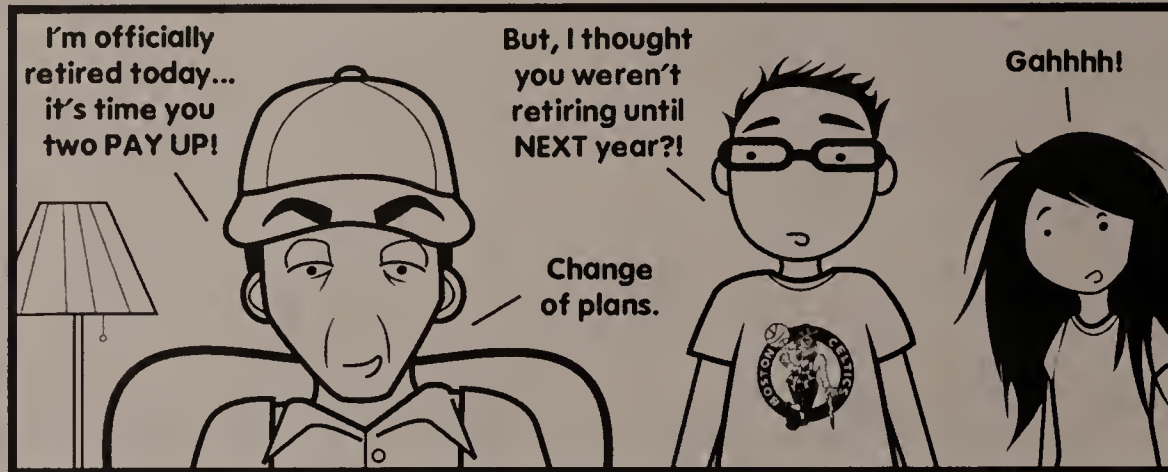
COMIC

Empty Bamboo Girl

by Lillian Chan



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8-6-12

for more ah-Lin!, become a Facebook fan at www.facebook.com/ahLinTheComic

Event Calendar

Free Screening: LOST YEARS

Sunday, Aug. 12, 3pm-5pm
Tufts University's
Sackler Hall - DeBlois
Auditorium, 145 Harrison
Ave, Boston, MA

LOST YEARS is an epic
documentary covering
four generations of racism
as revealed through the
journey and family story
of Kenda Gee.

Free event with Limited
Seating, RSVP required.
Please email tina.chien@bcnc.net
for more info or
questions.

Boston Chinatown
August Moon Festival

Sunday, Aug. 12, 10am-5pm
Chinatown, Boston

You will find Vendor
booths, Chinese Dough
Art, Chinese Opera, Chil-
dren's Chinese folk dance,
Martial Arts Performance,
Lion Dances and more in
this annual festival.

2012 Quincy August
Moon Festival

Sunday, Aug. 19, 11am-5pm
Hancock Street in Quincy
Center, Quincy

It will feature perfor-
mances by talented local
artists, exhibits, crafts,
food, children's and se-
nior programming. For
more information, please
visit [www.quincyasianre-
sources.org/en/AMF2012](http://www.quincyasianre-
sources.org/en/AMF2012)

Joe Wong: Chinese
Comedy Made in the
USA

Tuesday, Aug. 21, 7:30 pm
ImprovBoston, 40
Prospect Street,
Cambridge

Boston comedian Joe
Wong is about to perform
a very different evening of
Chinese stand-up comedy
at ImprovBoston. Tickets
cost \$18 and \$14 for stu-
dents with a valid student
ID.

Tickets are available at
www.improvboston.com.
**Guangzhou Little Angel
Symphony Orchestra
Visits Quincy/Boston**
Friday, Aug. 10, 6pm,
Chinatown (free)
Saturday, Aug. 11, 7pm,
Quincy High (ticket: \$10;
student ticket: \$5)

Little Angel Symphony
Orchestra is the largest,
most complete, world-
renowned and abroad of
young amateur symphony
orchestra in 20 years in
China.

For more information,
please visit www.aaaquincy.org

Malden Senior Charlie
Card Event

Aug. 22, 9am-1pm
Council Chambers at
Malden City Hall, 200
Pleasant Street, Malden

This event will be open to
all senior citizens of Mal-
den, MA (65+) who want
to register for a Senior
Charlie Card. With a Se-

nior Charlie Card, seniors
can ride buses for \$0.75,
inner express buses for
\$2.25, outer express buses
for \$3.25, the subway for
\$1.00, and commuter rail
or boat services for 50%
off of the full fare. Come
to the event with a photo
ID with a date of birth, fill
out a registration form,
take an ID photo, and the
card will be mailed to the
recipient in 2-6 weeks.

For more information, call
(781) 397-7000 or email
info@cityofmalden.org.

Lecture: Living
Healthy with Chronic
Conditions

Thursday, Aug. 16, 10am
40 Washington St.
Quincy, MA 02169

Learn how to take charge
of your health care chal-
lenges and improve your
quality of life. Create a
more positive outlook -
and feel better about your-
self - by using strategies
to live life more fully even
with a chronic illness.

Malden citywide
recycling day

Saturday, August 18,
9am-2pm
DPW yard, 356
Commercial St., Malden

The Malden Department
of Public Works will hold
a recycling day for those
tough to dispose-of items.
For the first time, the recy-
cling day also will feature
a shredding service for
residents' old documents.
Residents may bring
one banker-sized box of
shreddable material.

Household paint -- latex,
oil, and acrylic -- will be
accepted until 1 p.m. Not
accepted by the DPW will
be antifreeze, household
hazardous materials, and
cleaning chemicals.
Patrons of the recycling
day will be asked to prove
their Malden residency.

FEE SCHEDULE:

Car tires: \$2
Truck tires: \$20
TVs and computer
monitors: \$5

Car batteries: \$1
Motor oil (per gallon):
\$1 (no antifreeze or
transmission fluid)
Used oil filters: \$2.50

PAINT FEE

SCHEDULE:

1-5 gallons: \$10
6-10 gallons: \$15
11-15 gallons: \$20
16-20 gallons: \$25

Boston Children's
Festival

Tuesday, August 21,
10am - 2pm. The rain
date is August 22.
The Playstead in
Franklin Park

Children from through-
out the city are invited
to enjoy free summer fun
at the ParkARTs Boston
Children's Festival com-
ing to The Playstead in
Franklin Park on Tues-
day, August 21, from 10
a.m. to 2 p.m. The rain
date is August 22.

SAMPAN

A Publication of the AACA

www.sampan.org

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SAMPAN is New England's
only biweekly bilingual Eng-
lish-Chinese newspaper. It is
nonprofit and nonpartisan.
Founded in 1972, Sampan
is published by the Asian
American Civic Association.
Sampan is distributed free in
Chinatown and the Greater
Boston area. All donations
to the publication are tax de-
ductible. Subscription: \$60/
year (1st class mail); \$30/
year (3rd class mail).

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SAMPAN is a publication
of the Asian American Civic
Association.

CLASSIFIEDS



Chinese Consolidated Benevolent Association

Notice for Construction Bid

Project:

Renovate 2 bathrooms in basement level

Location:

Chinese Consolidated Benevolent Association of New
England building at 90 Tyler Street, Boston, MA 02111

Interested contractors should contact our office in
person or call 617-542-2574 for Statement of Work.

JOB OPENINGS

BOSTON HOSTEL
on 19 Stuart Street

is now hiring **Housekeeping Manager** and
Coffee Bar Manager.

Send cover letter and resume to:

Gm.Boston@hiusa.org

www.bostonhostel.org

JOB OPENING

The **Boston Chinatown Neighborhood Center (BCNC)** is a multi-service non-profit agency serv-
ing Asian Americans and the greater Boston com-
munity for over 40 years. Our Acorn Early Education
and Care Program is currently seeking for a full-time
(37.50 hours per week) Chinese Speaking Toddler
Teacher. Wage: Competitive salary with full agency
benefits.

Qualifications

Chinese (Cantonese)/English bilingual. Department
of Early Education and Care (EEC) infant/toddler
teacher certificate. Teachers are mandated to enroll
in a degree program in Early Childhood Education if
they don't have a Bachelor Degree in this field. Evi-
dence and ability to relate well to children, staff and
families. Able to work well in a multicultural environ-
ment. Meet DEEC health and background check re-
quirements.

BCNC is an equal opportunities employer. To apply,
e-mail a cover letter and resume to:

cynthia.wong@bcnc.net

Chinatown Residents Celebrate National Night Out



Tufts staff teaching a girl how to brush teeth.



Ruth Moy and Chinese Golden Age Center provide service to residents.



From right to left: Bill Moy, Lifan Weng, Andrew Quan, Xueqing Zeng, Paul Chen, Yaohan Weng and Weimin Chen.

Written and Photo taken by Yuanfei Zheng

Tufts Biosafety Lab Raises Public Awareness

CONTINUED FROM PAGE 1

the surrounding community, and tuberculosis is not a dangerous research germ.

“The tuberculosis germs are actually rather hard to grow, for example, sunlight can destroy them. It is not a kind of disease you will contract by touching a door knob. It is transmitted by air, and you will get infected when people who have tuberculosis cough close to you,” she said.

In addition to the concern about public safety, the laboratory’s close proximity to a highly populated area has alarmed some Chinatown residents.

Xue Li, who works in Chinatown, also thinks that building such kind of laboratory in a crowded area is not a good idea. “It’s better to relocate the laboratory to a less

crowded area to avoid any possible leaks of contagious diseases,” Li said. Yee also agreed and mentioned that Tufts has other campuses in the suburb and can use build the laboratory in a less populated town.

Thurler explained that proximity is also a decisive factor in their strategic building plan. Chinatown is the home of TUSM and the researchers working in the laboratory are the faculty of the medical school. Since they have to teach classes and do research at the same time, distancing their workplaces is impractical.

“Most research projects are time sensitive or have to be conducted at a particular time, sometimes at odd hours. Accessibility is an important factor to a

successful research,” she said.

Ruth Moy, another CAC member, also thinks that the research will benefit generations to come and she does not see any risks in the mean time.

“TUSM has been very careful with the project and has taken all the precautionary measures. The CAC is also responsible for monitoring the process, and we will make sure people are safe in Chinatown,” she said.

Members of the community who want to learn more about the committee or the project can visit the project website: www.medicine.tufts.edu/Research/Arnold8BiosafetyLab, or call 617-627-3780.

On the afternoon of August 7, Boston’s Chinatown Safety Committee together with about a dozen community organizations held the 29th National Night Out in Tai Tong Village Plaza, Chinatown, attracted hundreds of residents.

National Night Out is a nationwide event to fight against crime, improve community safety, bond the police and residents. Boston held the citywide event in Moakley Park in South Boston this year. The Boston Police Department A-1 District Po-

lice Captain Tom Lee arrived in Chinatown about 5pm and celebrated the event with Chinatown residents.

In addition to the police station A-1 District Police, K-9 unit, about a dozen community organizations were presented, including the Chinatown Main Street, Chinese Golden Age Center, the Chinese Progressive Association, Wang Chinatown YMCA, Tufts University and Tufts Medical Center and Qiaosheng Music Society. Free smoothies, popcorns, balloons, together with free

services including blood pressure screen, dental care demonstration were provided during the event.

During the event, Fanny Kwan, the fourth administrator of Tai Tong village, who passed away in April this year, was awarded the Community Service Award, in recognition of her services for the community. Andrew Kwan, Fanny’s brother, on behalf of her received the award from Paul Chen, the first administrator of Tai Tong village and William Moy, co-chair of the Chinatown Safety Committee.

Safety Features:

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- 專用過濾器組



BRA

The Boston Redevelopment Authority will host a public meeting regarding

Millennium Tower and Burnham Building

Wednesday, August 15th, 6:30PM,
Boston Redevelopment Authority Board Room
9th Floor of Boston City Hall


Project Description: The Proponent filed a Notice of Project Change (NPC) proposing the renovation and preservation of the existing eight-story Burnham Building located at the corner of Washington and Summer Streets to contain approximately 330,000 square feet of retail, restaurant, office and parking uses; the development of a new mixed-use, approximately sixty (60) story tower with residential, health club, retail and restaurant uses along Franklin Street and a multi-level below grade parking garage beneath both buildings for up to 550 vehicles.

Close of Comment Period: September 11, 2012

MAIL: GEOFF LEWIS
BOSTON REDEVELOPMENT AUTHORITY
ONE CITY HALL SQUARE, 9TH FLOOR
BOSTON, MA 02201

FAX: 617-742-7783
PHONE: 617-918-4297
EMAIL: Geoffrey.Lewis.bra@cityofboston.gov

Brian P. Golden
Executive Director/Secretary



Boston
Redevelopment
Authority

City Hall 9th Floor
1 City Hall Square
Boston, MA 02201
617.722.4300

THROUGH OCTOBER 21

UNEARTHED

Discoveries from Northern China

EXPLORE TREASURES FROM
ANCIENT CHINESE TOMBS

THE CLARK



Unearthed is supported
by the E. Rhodes and
Leona B. Carpenter
Foundation and the
National Endowment
for the Arts.

clarkart.edu

Sterling and Francine Clark Art Institute
Williamstown, Massachusetts
413 458 2303

Civil Official, Tang dynasty, Gansu Provincial Museum, Lanzhou

GOVERNOR PATRICK SIGNS BILL TO PROTECT TEMPORARY WORKERS

Helps Level the Playing Field for Businesses

Contributed by the Governor Deval Patrick Office

Governor Deval Patrick signed H. 4304, "An Act Establishing a Temporary Workers Right to Know" on August 6. The legislation strengthens the Commonwealth's ability to regulate staffing and temporary agencies to protect vulnerable workers and level the playing field for businesses.

"Thousands of Massachusetts workers are sent off to work by staffing agencies without any idea of where they are going, what work they will do, and what they will be paid," said Governor Patrick. "This bill levels the playing field for all of our businesses while fulfilling our responsibility to make sure all of our workers are being treated fairly."

Workers employed by temporary and staffing agencies that cut corners might not know what type of work they will be required to do, their rate of

pay or even the name of their employer. Workers employed under such conditions often fail to receive their earned wages or can be injured at hazardous worksites without workers' compensation coverage in place. This not only hurts workers, but also the law-abiding businesses that must bear the costs on behalf of these staffing agencies.

"The Temporary Workers Right to Know Bill promotes transparency and fairness," said Secretary of Labor and Workforce Development, Joanne F. Goldstein. "This legislation requires staffing agencies to provide employees with notice about basic information before going to a job, such as the temporary agency's contact information, workers' compensation carrier, and the rate of pay."

"This bill provides for a basic bill of rights for

temporary workers," said Senator Jack Hart. "Every employee should have the right to know the amount of their wages, who they are employed by and any deductions which may be taken from their wages. I applaud the support of my colleagues in the legislature and the efforts of the many advocates who have worked tirelessly for many years to pass this important piece of legislation."

The bill also prohibits agencies from charging certain fees, like the cost of registering with the staffing agency or for performing a criminal record check. Staffing agencies are also prohibited from charging any fee that would reduce a worker's pay below the minimum wage, and are required to reimburse a worker if it sends him/her to a worksite for the purposes of working and no work is available.

SEE BILL ON PAGE 5

MALDEN IS MOVING



Mayor Gary Christenson and residents joined Malden is Moving.
Photo and Content provided by City of Malden

Doing his part to promote a healthy and active community, Mayor Gary Christenson walked the streets of Malden on last Tuesday, July 31, with residents as part of the Malden is Moving initiative, an effort coordinated through the Board of Health and the YWCA.

The group started out at City Hall Plaza and will walk a different route ev-

ery other Tuesday.

"I love getting outside during the day to interact with residents," said Mayor Christenson, "and I can't think of a better way to enjoy the City."

The next Walk and Talk with the Mayor will be Tuesday, August 14th at 12:00 Noon.

The activity is part of the

Malden is Moving initiative, the Malden version of the Mass in Motion program supported by a five-year \$300,000 Community Transformation Grant from the Department of Public Health. Christopher Webb, Director of Public Health, is working on this initiative in conjunction with the YWCA Malden.

CONCORD MEWS APARTMENTS AFFORDABLE HOUSING OPPORTUNITY CONCORD, MA

1BR and 2BR units now available on a first-come, first-served basis to eligible households!!!

88 New Affordable Apartments with rents starting at \$1,203 (1BR), \$1,316 (2BR) and \$1,444 (3BR)

The Maximum Income Limits are as follows:

1 Person \$45,500; 2 Persons \$52,000;
3 Persons \$58,500; 4 Persons \$65,000;
5 Persons \$70,200; 6 Persons \$75,400

For Information and Applications call **978.610.6523**

Applications and Information also available
at the Concord Mews Leasing Office
or on www.s-e-b.com/lottery

Concord Mews · 1 Nathan Pratt Drive ·
Concord, MA 01742
Phone: **978-610-6523**

Email: leasing@concordmews.com

www.liveatthemews.com



Place
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Ad
Here

Call (617)
426 - 9492
x206

Joe Wong Brings Chinese Comedy Made in the USA



Joe Wong talking about his new show in Starbucks.
Written and Photo by Faye Zheng

Traditional Chinese comedy is famous for the satirical exchange between two comedians while the Americans are more comfortable with a solo stand-up comedy. Local Chinese comedian Joe Wong attempts to combine the two forms of art – doing a stand-up comedy, in Chinese.

Being born and raised in Jilin, China, Wong speaks in his native tongue, Mandarin, during his show, Chinese Comedy Made in the USA, which will be held at ImprovBoston, Cambridge on Tuesday, August 21 at 7:30.p.m.

“Now the population of Chinese in the U.S. is growing and I would like to perform in Chinese too,” said Wong. “I also would like to see more Chinese come to enjoy comedy performances.”

Wong is not worried about performing in Chinese in front of his audience.

“I have performed in Chinese at Harvard, MIT, Northeastern University and Tufts among student audiences. This one will be the first Chinese show open to the general public,” said Wong. “I will talk about my 18 years living in USA as an immigrant.”

Wong came to further study chemistry at Rice University in Texas in 1994 after graduating from Jilin University and Chinese Academy of Sciences. He moved to Boston in 2001 and began to perform his comedy in English.

Wong is no stranger to mainstream media and, of course, the social media as well.

He headlined the Radio and TV Correspondents’ Dinner where he roasted Vice President Joe Biden. He has also made multiple appearances on the David Letterman and Ellen Degeneres shows. He claims to be a dedicated social networker, Facebook status commentator, a verbose twitterer, and an avid spam email reader.

Frequently making fun of himself in his standup routines, Wong insisted that his life has been very boring except two surprises in 2010: going to the Great American Comedy Festival and winning the competition, and becoming the Boston Comedian of the Year.

“When Joe Wong asked about performing at ImprovBoston of course I said yes. When Joe asked if he could do his show entirely in Chinese I was thrilled,” said Zach Ward, Improv Boston managing director. “As a non-profit Comedy Theater our mission is to make high-quality comedy accessible to the entire community and to encourage audiences to laugh, think and feel in new ways.” Chinese Comedy Made in the USA! serves that mission perfectly.”

Tickets cost \$18 and \$14 for students with a valid student ID. Tickets are available online at www.improvboston.com. ImprovBoston is located at 40 Prospect Street.

CONTINUED FROM PAGE 4

New Bill to Protect Temporary Workers

The job order notification requirement, the central provision of the law, excludes professional workers under the broad definition of “professional” in the Fair Labor Standards Act, and secretarial and administrative assistants as described by the Bureau of Labor Statistics. The new requirements under this law conform to industry standards practiced by the Commonwealth’s staffing agencies. These provisions reflect the fact that this bill balances both workers’ rights and the business needs of staffing agencies.

The Executive Office of Labor and Workforce Development’s Department of Labor Standards is currently responsible for registering staffing agencies, and will issue regulations and carry out inspections and investigations under this new law. The Office of the Attorney General will enforce the law.

THE COTTAGES AT HOLLYBROOK WORKFORCE HOUSING

2BR Cottages starting at \$290,000
Applications due by 2 pm on September 27th, 2012

South Weymouth, MA
www.IBGdesignbuild.com
www.SouthField.com

SOUTHFIELD

The Cottages at Hollybrook is now being built in the newly redeveloped South Weymouth Naval AirStation. Workforce Homes have the same specs as typical market-rate homes but offered at a discounted price (nearly \$35,000) to eligible households through a lottery process. The resale restriction (i.e. discounted price) on these homes is removed after 5 years and the home is then worth full market value without any restrictions!

Each of the Workforce Cottages at Hollybrook are beautiful new single-family homes that will have 2 bedrooms, 2.5 bathrooms and 1,400 square feet of living space. On the first floor, the kitchen, living area, dining room, mudroom and bedroom are open to one another, for a spacious feel. The Cottages also offer patios and porches for outdoor entertaining and enjoyment. A special bonus is the common Greens that envelope the neighborhood. Please go to www.IBGdesignbuild.com for more information on floor-plans, specs and neighborhood details.

Household Size	Minimum Income Limit 80% AMI	Maximum Income Limit 120% AMI
1	\$45,500	\$82,150
2	\$52,000	\$93,880
3	\$58,500	\$105,620
4	\$65,000	\$117,360
5	\$70,200	\$126,740
6	\$75,400	\$136,130

For Lottery Information and Applications for the lottery, go to www.s-e-b.com/lottery or call (617) 782-6900 and Leave A Message. Applications and Info also available at the SouthField Welcome Center on 223 Shea Memorial Drive in South Weymouth (M 10-5, Th 10-6, F 10-5, Sa 10-4, Sun 12-4). Details on the entire SouthField community can be found at www.SouthField.com Completed Applications and required Income Documentation must be delivered, not postmarked, by 2 pm on Sept 27th, 2012. The SouthField Welcome Center will be the location for a public Info Session on August 22nd at 6 pm and the Lottery on October 9th.

We are a full Immersion Language Academy looking for a Native Mandarin speaking teacher for Kindergarten-High school age students. Must have experience teaching. Schedule will be 2-3 half days per week and will include after school hours starting in September. This is an hourly position. We are looking for an enthusiastic, flexible, motivated person that loves to teach!

Qualifications

Required:

- Excellent oral and written in Chinese
- Must have understandable English oral skills and with comprehensible English writing skill
- Experience teaching
- Evidence and ability to relate well to children, staff and families
- Able to work well in a multicultural environment

Preferred

- Department of Early Education and Care (EEC) preschool or infant toddler lead teacher certificate

Applicants please email or call: administration@suescuela.us – 781-741-5454

LINCOLN SCHOOL APARTMENTS

Elderly Housing
NOW ACCEPTING APPLICATIONS

One and Two Bedroom Apartment Homes in a convenient residential location in Hingham, MA, close to Hingham Center and Hingham Harbor. Elevator building set within beautifully landscaped grounds. Applications can be obtained by mail or in person at the Rental Office. Located @ 86 Central Street, Hingham, MA

Maximum Income Limits Apply

1 person \$45,500 2 persons \$52,000
3 persons \$58,500 4 persons \$65,000

Waiting List Preference for Applicants Over Age 62.

Office Hours: Monday -Thursday 10:00am-4:00pm
781-749-8677

TTY: 800-439-2370/Connect to Lincoln School 781-749-8677
Professionally managed by Corcoran Management Company

Watch Factory Lofts Affordable Housing Lottery Waltham, MA

www.WalthamWatchFactory.com / www.princetonproperties.com

10 New Affordable Apartments

1BRs @ \$1,156/mo 2BRs @ \$1,269/mo
Rent does not include any utilities

The historic Watch Factory, located along the Charles River in Waltham, Massachusetts, is being adapted into a vibrant mix of office, residential and retail use with riverfront amenities. There are 96 apartments being developed in the second phase of the project. 10 of these apartments are reserved for individuals and families who qualify for this affordable housing program.

100% Smoke Free community, Fitness Center of site, Pets welcome (breed restrictions apply), Washer/Dryer in each apartment, half a mile from Waltham MBTA Station, Access to Charles River walking and bike paths, nearby Moody Street's many dining and entertainment options

The Maximum Income Limits for Households are as follows:

1 Person - \$45,500 2 Person - \$52,000
3 Person - \$58,500 4 Person - \$65,000

A Public Info Session will be held on **August 7th, 2012 at 6:00 p.m.** at 119 School Street in the Waltham Government Building Auditorium

Completed Applications and Required Income Documentation must be received, not postmarked, by **2 pm on September 20th, 2012**

The Lottery for eligible households will be held on **October 2nd at 6 p.m.**

For Lottery Information and Applications go to www.s-e-b.com/lottery or call (617) 782-6900 x5 and leave a message.

Applications and info. also available at the Waltham Public Library on 735 Main St. (M-Th 9-9, Fri-Sat 9-5, Sun 1-5)

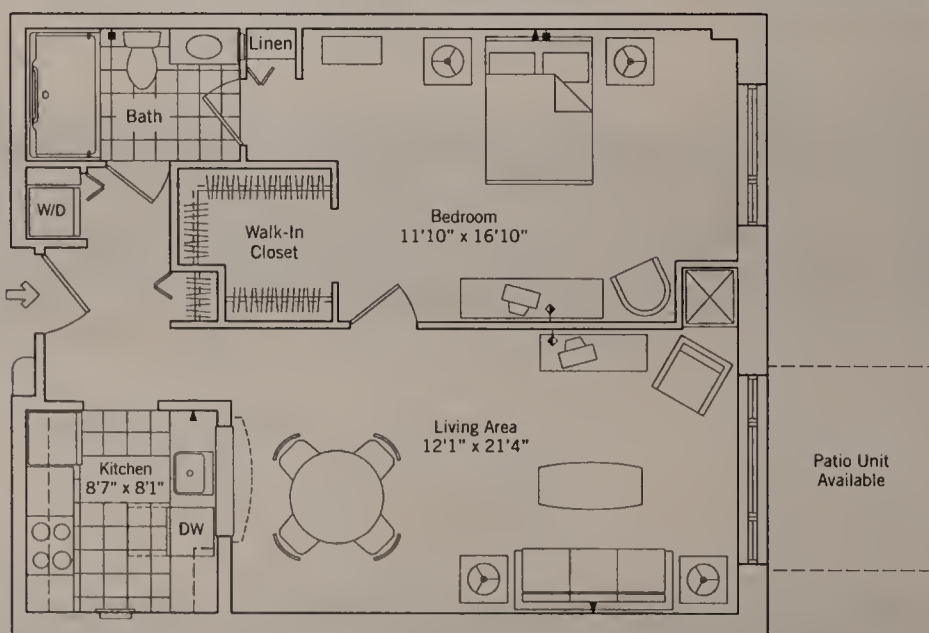


NOW IS THE TIME!

Find the perfect floor plan for you—and get it while you can! There's never been a better time to enjoy your retirement in a new, beautiful home at Linden Ponds. Our affordable prices and exciting lifestyle make living in this community one of the best decisions you can make for you and your loved ones.

THE ELLICOTT *Extra large one bedroom*
This popular floor plan is perfect for active seniors who want to spend more time living and less time cleaning! The open, airy design easily accommodates both a seating and formal dining area.

AVAILABLE WITH BAY WINDOW!



Linden Ponds values diversity. We welcome all faiths, races, and ethnicities, and housing opportunities are available for low and moderate income households.



Call 1-800-538-6714 to
schedule your visit today.



Linden Ponds

Add more Living to your Life®

EricksonLiving.com

PARKVIEW PLACE WORKFORCE HOUSING

Two 3BR Townhomes \$315,000

Applications due by 2 pm on September 27th, 2012

South Weymouth, MA
www.WhitmanHomes.com
www.SouthField.com

SOUTHFIELD

Parkview Place is now being built in the newly redeveloped South Weymouth Naval AirStation. Workforce Homes have the same specs as typical market-rate homes but offered at a discounted price (nearly \$65,000) to eligible households through a lottery process. The resale restriction (i.e. discounted price) on these homes is removed after 5 years and the home is then worth full market value without any restrictions!

The Biltmore shows excellent value for the price with over 1,500 sq ft and a country sized kitchen with pantry and dining area, expansive family room, main level laundry, all bedrooms on upper level, nice foyer entrance with coat closet, cozy balcony overlooking the Park, 2 car garage, basement with storage available or finishing options. Please go to www.WhitmanHomes.com for more information on floorplans, specifications and neighborhood details.

Household Size	Minimum Income Limit 80% AMI	Maximum Income Limit 120% AMI
1	\$45,500	\$82,150
2	\$52,000	\$93,880
3	\$58,500	\$105,620
4	\$65,000	\$117,360
5	\$70,200	\$126,740
6	\$75,400	\$136,130

Completed Applications and required Income Documentation must be delivered, not postmarked, by **2 pm on Sept 27th, 2012**. The SouthField Welcome Center will be the location for a public Info Session on **August 22nd at 6 pm** and the Lottery on **October 9th**.

For Lottery Information and Applications for the lottery, go to www.s-e-b.com/lottery or call (617) 782-6900 and Leave A Message. Applications and Information also available at the SouthField Welcome Center on 223 Shea Memorial Drive in South Weymouth (M 10-5, Th 10-6, F 10-5, Sa 10-4, Sun 12-4). Details on the Townhomes can be found at WhitmanHomes.com. Details on the entire SouthField community can be found at www.SouthField.com.



HORTON ESTATES Rehoboth Affordable Housing www.longbuilthomes.com/rehoboth-ma.htm

Four 3BR, 2 bathroom single family homes: \$187,700
Three 2BR, 2 bathroom single family homes: \$167,300

Horton Estates is Rehoboth's premiere active adult community, designed specifically to accommodate the lifestyle of those esteemed members of our society that are over the age of 54. The community offers the best of both worlds being nestled in a serenely secluded bucolic setting, yet located in close proximity to major highways and a wide range of conveniences, including the Swansea Mall. The community features a clubhouse and an outdoor swimming pool on the clubhouse grounds, as well as an on-site private community water system and an on-site private wastewater treatment facility, both of which are operated by the condominium association.

The remaining 7 affordable homes are being offered through this lottery to households with incomes at or below 80% of the area median income. All seven of these affordable homes feature exceptional one-story floor plans that have either 2 or 3 bedrooms, 2 bathrooms and garages, and are built with quality craftsmanship throughout and impressive attention to detail. These homes will also be Energy Star certified. Please visit www.longbuilthomes.com/rehoboth-ma.htm for all unit and development related questions.

The Maximum Income Limits for Households are as follows:
1 Person - \$42,350; 2 Person - \$48,400; 3 Person - \$54,450;
4 Person - \$60,500; 5 Person - \$65,350; 6 Person - \$70,200

Households cannot have more than \$75,000 in assets and, if they currently own a home, they cannot have more than \$150,000 in equity.

For more information on the Development, the Units or the Lottery and Application Process, please visit: www.s-e-b.com/lottery or call 617.782.6900 x8.

Applications and Information available at the:
Blanding Public Library on 124 Bay State Road in Rehoboth
(open Mon-Thu 11:30-8; Fri-Sat 10-4)

A Public Information Session will be held on **August 1st at 6 pm** in the Rehoboth Senior Center on 55 Bay State Road.
The lottery will be held on **September 26th at 6 pm** at the same location.

Completed Applications and Required Income Documentation must be delivered, not postmarked, by **2 pm on September 13th**.





Photo by Anna Ing

SAM PAN

TO SUBMIT AN EVENT LISTING
E-MAIL news@sampan.org

The only bilingual Chinese-English Newspaper in New England 全紐英倫地區唯一的中英文雙語雙周報

新報



Apple and the Apple-picker

By Samuel Tsoi
INALIENABLE RIGHTS

America prides itself for being the golden door of opportunity and freedom. What was once a refuge for the world's disenfranchised populations has become a place where ease of entry is contingent upon your ability to compete in lucrative fields such as science, technology and medicine.

Instead of welcoming the "poor huddled masses," the Emma Lazarus poem emblazoned at the foot of the Statue of Liberty would more accurately reflect US immigration policy if it read: "Give me your PhDs, your highly-skilled, your job-creating businesses yearning to make America #1."

Indeed, the United States' immigration system is an inadequate solution in the face of the growing labor demands of our innovative industries. Over 75% of high-end patents belong to teams with at least one foreign-born inventor, many of whom are in immigration limbo. The standard H1-B visa for high-skilled workers is capped at 65,000 per year, with stringent requirements by the employers and unrealistic restrictions for start-ups. This year, it only took 72 days to meet this visa quota.

Many entrepreneurs and innovators find it extremely difficult to stay in the United States, opting for unconventional strategies like working on a ship floating over inter-

national waters. Others simply take their talents to Canada and elsewhere.

As policymakers, universities, and businesses call for immigration reform that spurs entrepreneurial activity, they must be more open to welcoming all who desire a better life. It is the ability to absorb people with little assets and big dreams that makes America truly exceptional. Our nation has ushered in generations upon generations of immigrants - the pilgrims, the Gold Rush miners of China, those fleeing the Irish potato famine, the persecuted Jews in Europe, and the Mexican farmers who are priced out by American agribusiness.

As the son of a Syrian immigrant, Steve Jobs' iconic career is often celebrated as the hallmark of American ingenuity. For every Steve Jobs, there are thousands of other remarkable unsung immigrant heroes and heroines who rejuvenate our Main Streets with their neighborhood businesses, restaurants and globally-connected, culturally-enriching organizations.

We often take for granted the hard-working hands from abroad that grow our food, care for our children and elderly, and build our houses. Immigration and labor laws that embrace, protect, and offer more easily navigable legal pathways for naturalization should be available to

those who aspire to contribute. Such policies are as important as STEM and start-up visas.

Alas, the reality of America's need to attract foreign labor is often countered by outcries accusing that "they take our jobs". But the overarching narrative is clear: America and other industrialized countries are increasingly dependent on foreign labor from all skill levels - and this country's competitive edge has always been the relatively high influx of immigrants.

As the world markets continue to integrate, globalization's full story needs to be told. Globalization displaces workers and fans the flames of nativism. As we work towards sensible and economically-advantageous resolutions to our immigration laws, we also need to assure that business and government do not take advantage of human beings' fundamental need to work, survive, and at times, cross borders.

We must affirm the dignity of every worker, and support their hope to provide for their families. We must focus on their contributions - not just our GDP.

Samuel Tsoi is the Policy Associate for the Massachusetts Immigrant & Refugee Advocacy Coalition. Twitter: @samueltsoui

Vietnamese Food Truck: Bon Me

By Anna Ing
A Food Aficionado

In the last few years, gourmet quality food trucks have come onto the food scene. This growth in popularity was spurred in part by the Boston Food Truck Competition held in the winter of 2010-2011. Three winners were declared at that competition. One of these reigning champions was the Bon Me Truck led by the local Bostonian husband/wife team, Pat and Ali. Their food truck cuisine emphasizes fresh, healthy, and tasty Asian flavors.

The name of their food truck, Bon Me, is a play on the phrase, banh mi, a delicious sandwich of Vietnamese origins. They don't claim to be authentic, but they do use locally sourced food, and recycled/compostable containers while making good and healthy fare. Their reasonably priced menu varies with the season - in the winter they offer a noodle soup option.

We opted for a banh mi with the organic spiced rubbed chicken for \$6. The sandwich toppings include pate, cilantro, spicy mayo, pickled carrot and daikon, and red onion. The lightly toasted French

bread of the banh mi complemented the generous portion of organic spice rubbed chicken. The flavors were not overly salty or overwhelming and melded well with the veggies and the homemade spicy mayo.

The next dish was the organic tofu and shiitake mushroom noodle bowl which came with a choice of rice or soba noodles for \$6. They recommended we try the Soba with the toasted sesame sauce. The organic tofu was crumbled over a bed of field greens, cilantro, daikon, carrots, red onion and bean sprouts. I enjoyed the lightness of the dish overall, and I could barely taste the toasted sesame sauce. It was, however, difficult to find the shiitake mushroom. It may have been mixed with the portion of tofu. If it was supposed to be sliced and put into the noodle bowl, I did not see any. In my opinion this selection was slightly too salty, but the combination of flavors and the crunchy fresh veggies made it tasty and satisfying.

The Deviled Tea Egg which sold for \$2 (avail-

able on Tuesdays) was served with a hint of spicy mayo, dusted with cayenne pepper, and topped with chopped scallions. Although the presentation was appealing, it was unlike a traditional deviled egg because the egg yolk was not combined with the mayonnaise.

Their Thai Basil Limeade \$2.50 was a surprisingly flavorful, refreshing, and delicious beverage! The hint of basil was infused in the limeade which I thoroughly enjoyed. I want more! Even my non basil loving friend enjoyed this drink.

The current dessert and sweet option was the Chocolate Rice Pudding \$2.50. The rice pudding had a nice flavor and some spice but was not overly sweet.

With extremely friendly service, good quality food, and reasonable prices, what is there not to like? Check it when you can! Make sure to check their website: www.bonmetruck.com for updates, schedules, menus and more information.

WINTER GARDENS APARTMENTS
45 Winter Street, Quincy, MA
24 Newly Constructed Affordable Residences
■ Balconies ■ On-Site Parking ■ Elevator ■ Playground ■ Hardwood Floors

Eighteen (18) units offered at discounted rents
One-Bedrooms from **\$891/month** (1 units)*
Two-Bedrooms from **\$1,113/month** (15 units)*
Three-Bedrooms from **\$1,289/month** (2 units)*
*Rent includes Heat, HW, Water & Sewer (tenant responsible for electric)
Annual Income for eligible households cannot exceed 60% of the Greater Boston "Area Median Income" (AMI) - see details in table below.

Six (6)* units offered with "Section 8 Project-Based Rent Subsidy"
One-Bedroom (2 units) set aside for Community Based Housing ■ Two-Bedrooms (3 units) one of which will be set aside for Community Based Housing ■ Three-Bedrooms (1 unit)
Rents for Section 8 homes will be determined based on tenant income. These units will be administered by the "Metro Boston Housing Partnership" (MBHP). Annual Income for eligible households cannot exceed 30% of the Greater Boston AMI - see details in table below.

Applications for the lottery must be picked up in person at 45 Winter Street, Quincy.
Application pick-up and submittal period will run from August 15 - August 21.
Mon, Wed, & Fri 9AM - 5PM ■ Tues & Thurs Noon - 8PM ■ Sat 10AM-2PM
Completed Applications for inclusion in the lottery must be received by 8PM on Tuesday, August 21, 2012.
Households needing accessible apartments will have preference for 2 accessible units.
The lottery for all 24 units will be held on Tuesday, August 28, 2012.
***For more info or reasonable accommodations call Maloney Properties at (617)-209-5407 or MA Relay at 711 or visit wintergardenapts.com.**

Maximum Annual Income Limits		
Household Size	60% AMI (18 units)	30% AMI (6 units)
1	\$41,100	\$20,550
2	\$46,980	\$23,500
3	\$52,860	\$26,450
4	\$58,680	\$29,350
5	\$63,420	\$31,700
6	\$68,100	\$34,050

During the application distribution hours displays will be available onsite (45 Winter Street, Quincy, MA 02169) with information on floor plans, sample materials and colors schemes used in the apartments and common areas.

Developed & Owned by:
 Neighborhood Housing Services

Managed by:
Maloney Properties Inc.

Winter Gardens Apartments and Maloney Properties do not discriminate because of race, color, sex, sexual orientation, religion, age, handicap, disability, national origin, familial status, or marital status in the leasing, rental, sale, or transfer of apartment units, buildings, and related facilities, including land that it owns or controls.

How Obesity Affects Your Health

By Zhanglin Kong

Obesity negatively impacts the entire human body, rather than several organs or parts.

Lower extremity pain- As the as body size increases, the knees, hips and feet start to hurt and wear out because of the weight they need to carry around all the time. You may not understand this concept if you have a normal body weight, so imagine that being obese is like carrying the equivalent of 50 to 100 pounds of rice wherever you go in addition to your normal body weight.

Cardiovascular diseases- People who are obese carry a larger volume of blood in their blood vessels to transport the necessary oxygen and nutrient supply for their excess tissue. Additionally, the blood of an obese individual becomes thicker because of their elevated levels of cholesterol and fat. As a result, the heart has to use excess force to pump the extra volume of thick blood. At the same time, the fatty deposits start to build up in arteries, including those that supply the heart. These fatty deposits will narrow or even block coronary arteries, and the overall stress on the cardiovascular system will cause stiffness in the blood vessels and heart muscle. Together these problems will cause heart disease, and eventually, heart failure.

Diabetes- Excess fat tissue deposits also decrease the body's insulin sensitivity. Insulin is the hormone that regulates blood sugar. As a result, the blood glucose, or sugar, levels start to rise. When these blood glucose levels rise uncontrollably due to decreased insulin sensitivity a person has developed diabetes. This disease has many comorbidities such as cardiovascular conditions, blindness, slower wound healing, lower extremity amputation etc. In the Asian American popula-

ty can cause sleep apnea, a condition that causes an individual to stop breathing for brief periods while they sleep. The sudden interruptions in breathing caused by sleep apnea can result in day time fatigue. Sleep apnea also causes heavy snoring.

Liver diseases- In obese individuals, a large amount of fat is deposited in the liver cells, and the liver become enlarged and inflamed. When the inflammation becomes chronic, scar tissue develops and liver cell function

Impaired memory and cognitive function- Recent studies show that being overweight or obese is associated with higher risk of developing dementia and Alzheimer's disease. The impaired cognitive function caused by these diseases negatively affect the quality of life for older individuals.

Apart from the above conditions, obesity is also associated with higher rates of depression, cancer, infertility, kidney failure and death. The entire body can be affected negatively by excess weight. Fortunately, obesity is definitely treatable through proper diet, ample physical activity, and appropriate medication.

On Aug 24 Sampan will have an obesity special issue and we will expand upon the prevention and treatment options for obesity.



Kong is a Master of Nutrition Science at Tufts University, and a dietitian for the nutrition program at Greater Boston Chinese Golden Age Center.



Image by Joe_13 via Flickr

tion, being overweight or moderately obese greatly increases the risk of developing type II diabetes. Respiratory problems and sleep apnea- People who are obese usually experience labored breathing. The weight of their chest is squeezing the lungs and it takes much more effort for the lungs to expand and intake air. Excess body mass also makes it more difficult to breathe while laying down. Obesi-

ty is impaired. With treatment and weight reduction the liver may partially or completely recover from the damage, or fibrosis. However, if it is left untreated, the excess scar tissue will make the liver hard and dysfunctional, also known as irreversible cirrhosis. Because the liver is a vital organ for daily metabolism and detoxification, individuals that develop cirrhosis may require a liver transplant.

World Hepatitis Day



Team HBV's Harvard chapter (green), Quest Diagnostics-New England (Orange) and Team HBV's MIT chapter (blue) led a Guinness World Record attempt to raise awareness for viral hepatitis. Photo and Content provided by Patrick George.

July 28th is annual World Hepatitis Day, and this year, the World Hepatitis Alliance called on its international partners, including the World Health Organization (WHO) and Team HBV, to take part in a global, synchronized action within a 24-hour period. The event asked participants to perform one of three symbolic gestures: 'See No Evil' covering their eyes, 'Hear No Evil' covering their ears, or 'Speak No Evil' covering their mouths, to highlight that hepatitis B and C need greater attention and action around the world.

"We want Boston to be represented in this global fight," said David Yang, President, Team HBV Harvard.

According to the World Health Organization (WHO), roughly 350 million people world-

wide have chronic hepatitis B and 170 million people have chronic hepatitis C. While this is far higher than the prevalence of HIV or any cancer, awareness is inexplicably low and the majority of those infected are unaware. That is why viral hepatitis reputed to be "silent epidemic" by the U.S. Department of Health and Human Services and countless other global health organizations.

In Boston, Asians represent less than 10% of the total population; however they account for more than 50% of new chronic hepatitis B cases. Roughly 25% of patients with chronic hepatitis B, if untreated, develop serious ailments like liver cancer. Locally, the mortality rate among Asians from liver cancer is nearly 3 times the city-wide average.

Tufts Medical Center



SUDBURY HOUSING AUTHORITY DUPLEX RENTALS

10 two bedroom units by lottery

Income eligibility - either under 30% or under 50% of median income

Rent - 30% of income



The 10 two-bedroom, newly constructed apartments are located at 41, 43, 54, & 56 Great Road, 11 & 15 Ford Road, 19 Greenwood Road, 19 Curry Lane and 4 & 6 Landham Road. Two accessible units are available; one for physical handicaps and one for sensory handicaps, i.e. deaf or blind. All units will be distributed by lottery to eligible households

Maximum Allowable Income				
Family Size		2	3	4
Maxi Income	30%	\$23,500	\$26,450	\$29,350
	50%	\$39,150	\$44,050	\$48,900

Use and Occupancy Restrictions Apply.
Maximum Income Litmits Apply
For more information or reasonable accommodation contact:
MCO Housing Services: (978)456-8388

Public Information Meeting
6:30 p.m., Wednesday, August 15,2012
Sudbury Housing Authority
55 Hudson Road
Community Room

Application Deadline
4:00 p.m. Monday, September 10,2012
Mail or drop off to MCO Housing Services

Application Availability from July 1 -- September 10, 2012
Pick-Up
Sudbury Housing Authority, 55 Hudson Road Regular Hours
Goodnow Library, 21 Concord Rd, Sudbury Regular Hours
OR
Call or email MCO Housing Services:
978-456-8388
maureen@mcohousingservices.com
www.mcohousingservices.com

越南食物卡車: Bon Me Truck

作者 Anna Ing

在過去的幾年裡面，美味而品質保證的食物卡車進入了食品文化。從著名的Kogi韓國燒烤（Kogi Korean BBQ）在2010年底進入了洛杉磯的食物文化（著名源自於他們的韓國玉米餅），甚至現時在波士頓範圍內亦有很多的食物卡車在城市中出現。這都是起源於2010-2011年的冬天，有一個波士頓食物卡車競賽，總共有三名勝出者。其中一個勝出者是Bon Me Truck，該食品卡車是由兩夫婦所領導，和兩位本地波士頓人PAT和ALI，他們注重於新鮮、健康、美味並混合了亞洲風味在他們的食物中。從那時起，波士頓食物卡車文化開始繁榮昌盛起來了，如Bon Me Truck其中之一的先驅者。

Ali和Pat做了一種聽起來叫Banh Mi的食物（一種很美味的越南三文治），用他們這種食物的發音叫他們的卡車叫Bon Me Truck。他們無聲明是正宗的，但是他們使用本地出產的食物，用可循環使用或可堆肥的容器去製作美味健康的食物。他們在不同的季節推出合理的價錢菜單（冬天有麵條湯的選擇）

首先選擇你的主食-你可以選擇三文治，米飯或者麵條。然後你可以選擇你的肉類——一般有的無機辣調味雞肉，豆腐和香菇或中式燒烤豬肉。然後你可以對你的肉類選擇醬汁。在星期二，可以選擇芥末茶葉蛋（反傳統中國夜市的小食）或日本青豆。現時甜品的選擇可以選擇朱古力布丁。並且飲品可以有多种口味不同的選擇：泰式檸檬茶，越

南咖啡，辣檸檬薑茶，泰式酸橙汽水。

我們選擇了一個banh mi和無機五香雞肉美元。三文治裡面附有肉醬、香菜、辣蛋黃醬、醃蘿蔔、蘿蔔和紅洋蔥。固定的輕烤法式麵包加上鬆脆的質感和非常美味的無機辣調味雞肉。味道不會太鹹或太濃郁的氣味，連同蔬菜和自製的辣蛋黃醬恰好的混合一起。下一個隨機試味的是無機豆腐和香菇麵條，可以選擇秘法或蕎麥麵。6美元。我們選擇了蕎麥麵和我們建議醬汁選擇嘗試芝麻醬。無機豆腐弄碎後鋪在一堆蔬菜、香菜、白蘿蔔、胡蘿蔔、紅洋蔥和扁豆上面。我喜歡這道菜的輕盈。我幾乎可以說芝麻醬是不會完全覆蓋味道的。蘑菇是很容易找到的。是否混合在豆腐裡？我並沒有見到一片片混合在麵條裡面。這道菜總體來說會有少少咸對我來說，但是總體的紋理、味道和出色的可口蔬菜令它更好味和令你滿意。

\$2的芥末茶葉蛋（星期二供應）供應時切成一半，點上辣味蛋黃醬，撒上蔥花與紅辣椒是很美味與可口的。但是我不會真的把蛋黃與蛋黃醬相混合。總體來說不差，但是在將來可以做的更好的。他們的泰式酸橙汽水只售\$2.50帶來的既驚喜又新鮮美味的味道！淡淡的紫蘇味道融入在汽水裡我真的很喜歡，並希望可以品嚐更多！即使是我那個不是紫蘇愛好者的朋友亦都很喜歡這種飲品。

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蘋果和摘蘋果者

作者 Samuel Tsoi

美國以身為可擁有黃金機會和自由的國家引以自豪。今時今日，對於全世界的難民來說，這個理想在有利可圖的領域裡例如科學，科技和醫藥等人力資源的競爭中顯得越來越黯然失色。

現今，似乎更多出自於政治權利的因素去修改艾瑪拉撒路詩詞中有關自由女神像的解釋：「給我你的博士學位，你的高技能，你的可創造就更多就業機會的企業來令美國成為世界第一」，而取而代之歡迎「貧苦大眾」。

的確，現時美國的移民系統對於滿足我們創新企業的勞動力需要是杯水車薪的。超過75%的高端專利權屬於那些至少有一個外來投資者的團隊，但他們當中許多人依然處於移民的中間狀態。標準的H1-B簽證是專門為那些高技能工作者而設，對僱用單位和那些初始創業公司有嚴格的要求，每年上限為65,000人。今年，這類型簽證僅僅用了72天就滿額了。

由於許多企業家和投資者發現留在美國是很困難的，他們轉而選擇一些其他非正常的途徑，例如選擇在國際公共區域的地方工作，或者索性把他們的才幹帶到加拿大或者其他的地方。

作為決策者，各個大學與企業都呼籲進行刺激企業創業的移民改革，它亦應該符合歡迎那些希望得到美好生活的移民的總體概括。對於美國來說，在吸收人們的小資產和大夢想的情形下可令美國真正的無與倫比—例如一代又一代的朝聖者，來自中國的淘金礦工，為了逃離馬鈴薯飢荒的愛爾蘭人，在歐洲受到壓迫的猶太人以及那些由美國農業綜合企業所定價的墨西哥農民。

作為一名敘利亞移民的兒子，史提夫喬布斯的標誌性的職業生涯經常是成為擁有聰明才智的美國所慶祝的。對於每個史提夫喬布斯來說，有成千上萬的其他無名移民英雄通過創業，餐廳和與世界所同步的文化團體振興了我們的主要街道。就是用被我們想為理所當然的勤勞的雙手去種植我們的食物，照顧我們的小孩和老年人，以及興建我們的房屋。移民和勞工法律擁護他們，保護他們的權利，對那些願意放下他們的根源願意更進一步的貢獻的人們提供了合法的途徑，與STEM一樣的重要而開辦了簽證。

可惜，現實中的美國在吸取外國勞工的同時充滿著強烈的抗議聲音「他們奪取了我們的工作」。

但是總體的敘述是明確的：美國和其他工業化國家越來越依靠於所有技能程度的外來勞工—並且，這個國家的競爭優勢將會一直是大量移民的湧入。

當世界市場不斷的整合，需要更充分的理由去告知人們全球一體化如何取代了工人和本土化的強烈意願。猶如我們正著力於理智和有利於經濟的移民方案，我們亦需要確保企業和政府考慮人類基本需求的工作和生存以外，可促進跨越國界的優勢。

我們必須申明每個工人的尊嚴，他們對家人所提供的夢想以及他們對人類繁榮的貢獻-不單止是我們的國民生產總值（GDP）

Samuel Tsoi, Policy Associate
for the Massachusetts Immigrant &
Refugee Advocacy Coalition. Twitter:
@samueltsai

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2012年8月移民排期表

親屬移民排期表

親屬移民排期	全世界（包括港澳台）	中國大陸	印度	墨西哥	菲律賓	備註
第一優先	2005年8月1日	2005年8月1日	2005年8月1日	1993年6月8日	1994年3月1日	第一優先：美國公民的成年未婚子女
第二優先2A	2010年3月15日	2010年3月15日	2010年3月15日	2010年3月1日	2010年3月15日	第二優先2A：永久居民的配偶及未成年子女
第二優先2B	2004年6月22日	2004年6月22日	2004年6月22日	1992年6月22日	2002年1月1日	第二優先2B：永久居民的成年未婚子女
第三優先	2002年5月1日	2002年5月1日	2002年5月1日	1993年1月22日	1992年7月22日	第三優先：公民的已婚子女
第四優先	2001年2月15日	2001年1月8日	2001年2月15日	1996年6月15日	1989年2月1日	第四優先：成年公民的兄弟姐妹

職業移民排期表

親屬移民排期	全世界（包括港澳台）	中國大陸	印度	墨西哥	菲律賓	備註
第一優先	有名額	有名額	有名額	有名額	有名額	第一優先：杰出人才、研究人員、研究人員教授
第二優先	2009年1月1日	無名額	無名額	2009年1月1日	2009年1月1日	第二優先：跨國公司主管
第三優先	2006年9月8日	2005年11月8日	2002年10月1日	2006年9月8日	2006年6月15日	第三優先：技術勞工及專業人士
非技術勞工	2006年9月8日	2003年6月15日	2002年10月1日	2006年9月8日	2006年6月8日	
第四優先	有名額	有名額	有名額	有名額	有名額	第四優先：特殊移民
宗教工作者	有名額	有名額	有名額	有名額	有名額	
第五優先	有名額	有名額	有名額	有名額	有名額	第五優先：投資移民

活動信息

廣州小天使交響樂團
8月10日，下午6點
波士頓華埠牌樓公園

廣州小天使交響樂團應亞美聯誼會和亞洲文化中心之邀，假波士頓華埠牌樓公園舉行百人大樂隊公演，奏響中秋節序曲。

波士頓亞裔房東協會講座
8月11日，晚上6點至10點
麻省理工學院E51-315講室(70 Memorial Drive, Cambridge, MA)

波士頓亞裔房東會舉辦八月份講座。討論話題將包括「租房週期與出租房產」，「翻修老房子與裝設高效能無箱型暖氣熱水系統」，「財務資產與財富管理」，以及「不同類型的貨幣」。

講座以英語進行（提供中文普通話翻譯），九點以後中文討論。入場免費。更多信息，請致電潘樹仁(617-834-4071)。

華埠中秋聯歡
8月12日，上午11點至下午6點
華埠公園及華埠街道

一年一度的波市華埠中秋節聯歡會將會有中國功夫，舞蹈，舞獅等演出。眾多商家將在華埠主街道上佈置攤位，出售美食與文化工藝品，提供服務，信息諮詢等。

獅子會免費驗眼
8月12日，上午10點至下午2點
華埠乞臣(Hudson)街

波士頓華埠獅子會的流動驗眼車將駐守在華埠乞臣(Hudson)街上，為民眾免費驗眼，代測視力、聽覺、血壓，並回收舊眼鏡。

免費電影：失去的年代
8月12日，下午3點至5點
塔芙茨大學Sackler Hall - DeBlois Auditorium, 145 Harrison Ave, Boston, MA

波士頓華埠社區中心

(BCNC)和紐英崙華人歷史協會合作，在美國銀行的贊助下，舉辦「失去的年代(Lost Years)」電影放映會。該記錄片描述Kenda Gee一家四代華人，在過去一百五十年來，散居加拿大、美國、紐西蘭、澳州的家族故事，並從中帶出他們曾經歷的種族歧視。請在八月十一日前報名，查詢可電郵tina.chien@bcnc.net。

「慢性病患者如何活得健康」講座
8月16日，上午10點
昆市湯姆斯鶴公共圖書館(40 Washington St. Quincy)

昆市亞裔協調會，昆市醫療中心，昆市湯姆斯鶴公共圖書館，南岸老人服務處，南岸家訪護士和中華耆英會合作，舉辦「慢性病患者如何活得健康」講座，幫助患有糖尿病，關節炎，血壓高及心臟疾病者，重得健康生活。查詢詳情，可洽昆市亞裔協調會617-472-2200。

昆市中秋聯歡
8月19日，上午11點至下午5點
昆市中心Hancock大街

昆市亞裔協調會將舉辦第25屆昆市中秋節聯歡會。查詢詳情可致電昆市亞協617-472-2200。

黃西中文脫口秀
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州長帕特里克簽署 臨時工保護法令



州長德瓦爾帕特里克簽署H. 4304法令。照片由州長辦公室提供。

州長德瓦爾帕特里克於8月6日簽署了H. 4304法令，「臨時工知情法案」。該立法加強聯邦規範職業中心中介，保護弱勢群體，提高企業的公平競爭。

州長帕特里克說：「成千上萬的麻州工人在被職介機構派去工作時，都不知道會去哪兒工作，需要做什麼工作，會有多少薪水。這項法案督促所有業務領域履行責任，確保我們的工人都得到公平對待。」

一些臨時和職介機構的工人，可能都不知道他們將從事什麼類型

的工作，例如他們將被要求做的和工資，甚至他們的僱主名稱。在這種情況下，僱用的工人往往得不到他們所應得的工資，或者需要從事沒有保險的高危工作，而受傷亦得不到補償。這不僅會傷害工人，守法的企業也會因為這些職介機構承擔成本。

該法案還禁止收取一定的費用，如註冊費或刑事紀錄檢查費。職介機構也不得收取任何費用，使工人的工資低於最低工資。如果工人在被派往工作地點後，發現並沒有工作，職介機構必須償還費用。

摩登市市長邀市民共健身

摩頓市市長葛帝生於7月31日和民眾一起散步，以促進城市的運動氛圍，並鼓勵居民多運動、多健身。

葛帝生說：「和市民一起散步、聊天，感覺非常棒。這是享受我們城市的最好的方式了。」

摩頓市長辦公室表示，市長葛帝生將於今年夏天逢隔週二從市政府廣場(200 Pleasant Street)出發散步，從中午十二點起至下午一點止，歡迎市民同行，以帶動市民適時活動熱情。

摩頓市利用來自麻州公共衛生部為期五年的三十萬元社區改變補助款，由公共衛生局主任克里斯托弗韋伯(Christopher Webb)和摩頓市青年會(YMCA)合作，推出摩頓市的「摩頓市運動」活動。

下一次和摩頓市長一起散步的時間為八月十四日中午。

查詢相關詳情，可洽Christina Murphy，電話：781-322-3760 ext. 23，電郵：cmurphy@ywcamalden.org，也可瀏覽www.maldenismoving.org。



摩頓市市長葛帝生和民眾一起散步前合影。照片由市長辦公室提供。

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申請表可於我們的租賃辦公室提取：1302 Commonwealth Ave in Allston, MA。營銷代理將會在辦公室內派發申請表及解答任何有關租賃疑問，其辦公時間如下：

- 星期四, 8/23, 2012 到星期五, 8/24 8:30 A.M.至5:30 P.M.
- 星期六, 8/25, 2012 10:00 A.M.至2:00 P.M.
- 星期一, 8/27, 2012 8:30 A.M.至8:00 P.M.
- 星期二, 8/28 2012 到星期四, 8/30 8:30 A.M.至5:30 P.M.

有興趣人士也可致電索取申請表(617) 870-3584或電郵至MVCAffordableHousing@gmail.com。所有申請必須在9月7日，星期五，下午5時前交回。請將申請表遞交或郵寄到以下地址：

The Mount Vernon Company
Attention: Affordable Housing Agent
29 Commonwealth Avenue 6th Floor
Boston, MA 02116

所有在9月7日，星期五，下午5時後收到接受的申請將不被接受。郵戳日期亦為9月7日。

通過抽籤形式派發。
入息及使用限制適用。
波士頓市居民優先。

有關更多信息，請致電617-870-3584。



平等機會住房

昆士市全新24套經濟房屋出租 WINTER GARDENS APARTMENTS, Quincy, MA

■ 陽台 ■ 停車位 ■ 升降電梯 ■ 運動場

18套單位可享受折扣優惠

- 一房 最低 \$891/月 (1 套單位)*
- 兩房 最低 \$1,113/月 (15 套單位)*
- 三房 最低 \$1,289/月 (2 套單位)*

*租金包含熱氣，熱水，自來水及排污費(租客自付電費)

合資格家庭的年收入 最大不能超過 大波士頓平均中位數60% (AMI) - 詳細請看以下表格。

6套單位將提供給“Section 8 計劃-基於房屋租金補貼”

一房 (2 個單位) 將預留給社區基礎房屋 ■ 兩房 (3 個單位) 其中之一將預留給社區基礎房屋 ■ 三房 (1 個單位) 租給 Section 8 家庭將以租客收入為標準收取租金。這些單位將會被“Metro Boston Housing Partnership” (MBHP) 所管理。合資格家庭的年收入不能夠超過大波士頓平均中位數30% (AMI) - 詳細請看以下表格。

抽籤的申請表需親自到以下地方領取：

45 Winter Street, Quincy.

申請表領取時間：

8月15日 - 8月21日。

星期一，三，五 9AM - 5PM ■ 星期二，四 中午 - 8PM

■ 星期六 10AM-2PM

抽籤申請表收取截止日期：

2012年8月21日，星期二，下午八點以前

將會有兩種可接待式單位可供選擇

24套單位的抽籤會議時間：

2012年8月28日，星期二

*如需更多詳細資訊或居住安排問題請致電：Maloney Properties, (617)-209-5407 或 MA Relay 711 或瀏覽網站：wintergardensapts.com

家庭入息上限

家庭人數	平均中位數60% (18套單位)	平均中位數30% (6套單位)
1	\$41,100	\$20,550
2	\$46,980	\$23,500
3	\$52,860	\$26,450
4	\$58,680	\$29,350
5	\$63,420	\$31,700
6	\$68,100	\$34,050

現場將設有申請表派發時間顯示屏 (45 Winter Street, Quincy, MA 02169)，並附設公寓單位以及公共區域的平面圖、樣板材料和顏色方案。

發展商：



管理：

Maloney Properties Inc

Winter Gardens Apartments和Maloney Properties 在租約，租賃，銷售和轉換單位或樓宇（包含土地的擁有和管理的相關設施）中，不會因種族，膚色，性別，性取向，宗教，年齡，智障，殘疾，國籍，家庭狀況，婚姻狀況而產生歧視。



淺談肥胖症： 肥胖症對健康的影響

孔璋林，營養科學碩士，中華耆英會老人營養計劃全職營養師。該營養計劃由麻州老人局的一項聯邦老人管理局資金資助，並由波士頓老人局管理。她主要負責為中華耆英會顧客做營養諮詢和教育，為中華耆英會午餐進行營養分析，以及參與每月的餐單設計。

肥胖症會對整個人體產生不利影響，並不限於幾個器官或部分。

下肢關節病痛—隨著體型越來越大，膝蓋，髖關節和腳承受的重量和壓力就會越來越大，他們會磨損和疼痛。體重正常的讀者也許不會理解這種壓力，但是請想像一下每天無論你走到哪裡都背著50磅甚至超過100的大米你會有怎樣的感覺。

心血管疾病—肥胖症患者過多的身體組織需要大量的血液來提供必要的氧氣和養分。通常肥胖會使血液由於高濃度的膽固醇和脂肪變得更濃稠。因此，心臟需要加倍努力推動大量的濃稠的血液。同時，高濃度的膽固醇和脂肪開始在血管壁上堆積並形成斑塊。這些血管包括那些供應心臟血液循環的各個動脈。長此以往心血管系統將過度勞動並出現故障，血管和心臟肌肉由於長時間的高壓和過度勞動而變得僵硬，脂肪斑塊附著的冠狀動脈將會變得狹窄甚至堵塞，導致心力衰竭。

糖尿病—過多的脂肪組織會降低胰島素的敏感性。胰島素是調節血糖

的激素，所以血糖水平開始失去控制。糖尿病有許多嚴重的並發症，如心血管疾病，失明，傷口癒合緩慢，以及下肢截肢等。請注意，對於亞裔人口來說，超重或中輕度肥胖也會大大增加患糖尿病的風險。呼吸困難和睡眠呼吸暫停－肥胖症患者的呼吸通常非常困難以及沉重，這是因為胸部的體重壓迫肺部，使肺必須花更大的力氣來擴張和呼吸。多餘的體重也使躺著的時候呼吸更加困難甚至停止。睡眠呼吸暫停患者在睡覺期間頻繁的短暫停止呼吸，這使他們的睡眠整個晚上經常中斷，在白天會感到特別的疲倦。睡眠呼吸暫停也會造成沉重的鼻鼾。

肝臟疾病—肥胖造成大量脂肪沉積在肝細胞，這使肝臟體積擴大並產生炎症。如果這種情況繼續發展，疤痕纖維組織會在肝臟形成並且使正常肝細胞受到損傷。如果治療和減輕體重發生在肝纖維化階段之前，肝臟仍然可以部分或完全恢復。如果不及時治療，更多的疤痕組織會使肝臟硬化和功能減退，這將是不可逆轉的肝硬化。由於肝臟是非常重要的日常代謝和解毒器



圖片作者 Joe_13

官，肝功能退化往往導致肝移植。

記憶和認知功能損傷—最近的研究表明，超重和肥胖會使老年癡呆和阿茨海默症的風險增加。這些疾病所造成的認知功能受損會使老年人的生活質量顯著下降。

除了以上的各種病症，肥胖也與抑鬱症，癌症，不孕症，腎衰竭和死亡息息相關。人體沒有一個部分能變受肥胖所帶來的負面影響。

所幸，肥胖症能夠通過合適的飲食，大量的運動，合適的藥物以及其它方法來治療。

八月二十四號舢舨板將會出版肥胖症特別版，到時我們會詳細講解肥胖症的預防與治療方法，敬請期待。

Tufts Medical Center

雷霍伯斯市經濟房屋 Horton Estate Rehoboth, MA

[www. longbuilt homes.com/rehoboth-ma.htm](http://www.longbuilt homes.com/rehoboth-ma.htm)

四間三睡房，2浴室單家庭住房：\$187,700
三間兩睡房，2浴室單家庭住房：\$167,300

Horton Estate是雷霍伯斯市的首個成人活動社區，特別為我們54歲以上的尊敬市民所精心設計。該社區的地點座落於擁有最幽靜的田園風光環境的Swansea Mall附近，並鄰近的主要的高速公路，交通非常便利。社區設有會所和室外游泳池，以及私人社區供水系統和污水處理設施，並由公共財產管理協會所管理和運作。

這七間經濟房屋將通過抽籤的形式分配給收入在平均線80%或以下的合資格家庭。這些單層的房屋均用料上乘、功能齊全，擁有兩間睡房或三間睡房、兩間浴室和車房。這些房屋亦具有星級能源證明。請瀏覽網站www.longbuilt homes.com/rehoboth-ma.htm查看所有單元和發展項目的相關問題。

家庭入息上限：

1人-\$42,350; 2人-\$48,400; 3人-\$54,450
4人-\$60,500; 5人-\$65,350; 6人-\$70,200

家庭擁有超過\$75,000的財產上限，如果現在擁有房屋的家庭，物業價值上限不能超過 \$150,000。

如需有關任何社區發展、房屋單位或抽籤和申請有關過程的資訊，請瀏覽網站www.s-e-b.com/lottery，或致電617.782.6900 x8。

所有申請表和資訊可於以下地方獲取：

雷霍伯斯市的124 Bay State Road，Blanding Public Library
(星期一至四上午11時至下午8時，星期五至六上午10時至下午4時)

公眾資訊會議：

Rehoboth Senior Center on 55 Bay State Road，6PM，8/1

抽籤會議：

Rehoboth Senior Center on 55 Bay State Road，6PM，9/26

填妥的申請表格和入息要求文件必須在9月13日下午2時前親自交付，不以郵戳為準。



經濟房屋出售

The Cottages at Hollybrook
South Weymouth, MA

兩房平層單位\$290,000起
2012年9月27日下午2時截止申請

www.IBGdesignbuild.com / www.SouthField.com



The Cottages at Hollybrook座落於全新重建的South Wemouth Naval Air Station中，該經濟房屋擁有與市場相等的價值，但最多可提供將近\$35,000的優惠給予被抽中的合資格家庭。該房屋的價格限制（即優惠價）將在五年後取消，並與市價同等！

每一間房屋都是優雅全新的單家庭房屋，並附有兩間睡房、兩間半浴室及佔地1,400平方尺的生活空間。屋內的廚房、客廳、飯廳、睡房和大門處都是相連的，給人一種寬敞的感覺。該房屋亦設有露台和陽台，提供住戶更多康樂空間。這個屋苑最大的特色是座落於濃厚的園林氣息的社區，環境清幽。有關詳情，請瀏覽網站www.IBGdesignbuild.com所提供的平面圖、規格及社區資料。

家庭人數	最低入息要求 平均最低中位數80%	最高入息要求 平均入息中位數120%
1	\$45,500	\$82,150
2	\$52,000	\$93,880
3	\$58,500	\$105,620
4	\$65,000	\$117,360
5	\$70,200	\$126,740
6	\$75,400	\$136,130

填妥的申請表以及入息要求文件必須在2012年9月27日下午2時以前親自交付，不以郵戳為準。公眾諮詢會議：[The SouthField Welcome Center](#)，2012年8月22日下午6時。抽籤會議：[The SouthField Welcome Center](#)，2012年10月9日下午6時。更多有關申請和抽籤的信息，請瀏覽網站www.s-e-b.com/lottery或致電(617) 782-6900。

所有申請表和資訊可於以下地方獲取：

SouthField Welcome Center, 223 Shea Memorial Drive, South Weymouth
星期一：10AM-5PM；星期四：10AM-6PM；星期五：10AM-5PM
星期六：10PM-4AM；星期日：12PM-4PM

有關該公寓的詳盡資訊可瀏覽網站：WhitmanHomes.com
有關整個SouthField社區的資訊可瀏覽網站：www.SouthField.com





COMING EARLY 2013

47 GERRISH AVE
CHELSEA, MA

經濟房屋出租

HIGHLAND TERRACE, BOX DISTRICT

32套全新經濟房屋

私家出入口 / 中央空調 / 無煙公寓

8月9日正式接受申請

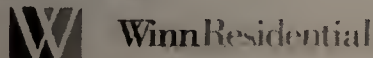
可個人前來領取申請表或在網上下載。截止日期：9月8日下午3時以前
如需更多資訊或合理安排申請，請致電 Winn Residential: (617) 884-0692。
申請表領取時間和地址：星期一、三、四：上午8：30-下午5：00；
星期二：上午8：30-下午7：00；星期五：上午8：30-下午3：00

4 Gerrish Ave. Rear, Chelsea, MA

三種不同房型可供選擇，有使用和租用限制，以抽籤形式進行。
歡迎Section 8持有人申請，不需符合最低收入限制。

家庭入息上限				Section 8持有者			公寓市場* 入息中位數60%**				
家庭人數	平均中位數30%	平均中位數50%	平均中位數60%	項目要求* 最大入息=平均中位數30%、50%			房型	租金***	人數	公寓數量	最低入息
1	\$20,550	\$34,250	\$41,100	房型	人數	公寓數	1房	\$974	1-2	3	\$33,394
2	\$23,500	\$39,150	\$46,980	1房	1-2	1	2房	\$1,168	2-4	20	\$40,046
3	\$26,450	\$44,050	\$52,860	2房	2-4	4	3房	\$1,344	3-6	1	\$46,080
4	\$29,350	\$48,900	\$58,680	3房	4-6	3	*合資格的家庭支付入息的30%作為租金				
5	\$31,700	\$52,850	\$63,420	**平均中位數					***包含熱水和熱氣		
6	\$34,050	\$56,750	\$68,100	管理：							

發展及所有權：



Highland Terrace和Winn Residential在租約，租賃，銷售和轉換單位或樓宇（包含土地的擁有和管理的相關設施）中，不會因種族，膚色，性別，性取向，宗教，年齡，智障，殘疾，國籍，家庭狀況，婚姻狀況而產生歧視。

渥森市經濟房屋抽籤

Watch Factory Lofts

Waltham, MA

www.WalthamWatchFactory.com / www.princetonproperties.com

10間全新經濟公寓

1房：\$1,156/月 2房：\$1,269/月
租金不包含任何雜費

歷史悠久的 Watch Factory座落於麻州渥森市（Waltham）Charles河邊，結合Charles河岸邊設施一起並被適用於各種類型的辦公，自住和零售。在第二期項目所發展的96間公寓中，其中的10套公寓將預留給合資格的經濟房屋項目個人及家庭。

100%禁煙社區，附設健身中心，允許飼養寵物（有飼養標準限制），每間公寓均設有洗衣機及乾衣機，距離Waltham MBTA 站僅有半里路程，Charles河邊有人行道及自行車道，鄰近的Moody街有各種餐飲和娛樂可供選擇。

家庭入息上限：

1人-\$45,500 2人-\$52,000
3人-\$58,500 4人-\$65,000

公眾諮詢會議：

Waltham Government Building Auditorium, 119 School Street, Waltham
2012年8月7日，下午6：00

抽籤會議：

2012年10月2日，下午6：00

填妥的申請表格和入息要求文件必須在9月20日下午2時前親自交付，不以郵戳為準。

如需有關任何房屋抽籤或申請的資訊請瀏覽網址：
www.s-e-b.com/lottery，或致電 (617) 782-6900 x5留下口訊。

所有申請表和資訊可於以下地方獲取：

Waltham Public Library, 735 Main St.

星期一至四 上午9時至下午9時

星期五至六 上午9時至下午5時，星期日下午1時至5時



Winn Residential

經濟房屋出租

241 Talbot LLC d/b/a Levedo

193 Talbot Avenue

Dorchester, MA 02124

一房、兩房和四房單位等候名單現正接受申請

所有單位設有硬木地板，全套設備的現代式廚房，升降電梯和公共洗衣房。租金包含熱氣和熱水。

等候名單申請日期和截止日期：

2012年8月13日，早上9時 至 2012年8月17日，下午4時

租金與家庭入息限制如下：

一房：\$ 1101/月； 兩房：\$ 1321/月； 四房：\$ 1702/月
歡迎Voucher持有人申請，租金以標準支付形式支付。

家庭人數	最低入息限制	最高入息限制
1	\$34,250	\$41,100
2	\$39,150	\$46,980
3	\$44,050	\$52,860
4	\$48,900	\$58,680
5	\$52,850	\$63,420
6	\$56,850	\$72,780
7	\$64,550	\$77,460

如需更詳盡資訊請致電WinnResidential: 617-265-3200

電話資訊時間：早上9時至下午4時

WinnResidential在租約，租賃，銷售和轉換單位或樓宇（包含土地的擁有和管理的相關設施）中，不會因種族，膚色，性別，性取向，宗教，年齡，智障，殘疾，國籍，家庭狀況，婚姻狀況而產生歧視。



經濟房屋出售

Parkview Place Workforce Housing

South Weymouth, MA

兩間3睡房多層式公寓 \$315,000

2012年9月27日下午2時截止申請

www.WhitmanHomes.com / www.SouthField.com

SOUTHFIELD

後取消，並與市價同等！

該住房價格超值，佔地超過1,500平方尺，並擁有一個具有傳統田園特色的大型的廚房及廣闊的客廳。首層設有洗衣房，而所有的睡房則在第二層，大門亦附有大衣櫃間，陽台更可俯視鄰近公園。該住房包括兩個車房，地下室可作為儲物室或整理雜物使用。如需更詳盡的資訊，請瀏覽網站www.WhitmanHomes.com所提供的平面圖、規格以及街道的詳細資訊。

家庭人數	最低入息要求 平均最低中位數80%	最高入息要求 平均入息中位數120%
1	\$45,500	\$82,150
2	\$52,000	\$93,880
3	\$58,500	\$105,620
4	\$65,000	\$117,360
5	\$70,200	\$126,740
6	\$75,400	\$136,130

填妥的申請表以及入息要求文件必須在2012年9月27日下午2時以前親自交付，不以郵戳為準。公眾諮詢會議：The SouthField Welcome Center，2012年8月22日下午6時。抽籤會議：The SouthField Welcome Center，2012年10月9日下午6時。更多有關申請和抽籤的信息，請瀏覽網站www.s-e-b.com/lottery或致電(617) 782-6900。

所有申請表和資訊可於以下地方獲取：

SouthField Welcome Center, 223 Shea Memorial Drive, South Weymouth

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星期六：10PM-4AM；星期日：12PM-4PM

有關該公寓的詳盡資訊可瀏覽網站：WhitmanHomes.com有關整個SouthField社區的資訊可瀏覽網站：www.SouthField.com

黃西中文脫口秀：美國十八年



在中國頗受歡迎的雙口相聲表演在美國有一個姊妹版：單人脫口秀。本土的華裔喜劇表演家黃西嘗試將兩種表演形式相結合，將在劍橋市向公眾推出首場中文脫口秀節目：美國十八年。

在中國吉林出生長大的黃西這次將要用他的母語，普通話，在劍橋市的ImprovBoston劇院進行演出。時間為8月27日，晚上七點半。

黃西說：「現在在美國的中國人越來越多了，我希望能用中文為大家演出，也望能在劇院看到更多的中國觀眾。」

不管是用中文還是英文，黃西總能夠給觀眾帶來歡笑。

他說：「我之前在哈佛和麻省理工的學生群體中用中文演出過，

這次的表演，將是第一次面向所有觀眾的中文演出。在這次表演中，我會講述身為移民的我，在美國的十八年生活。」

在吉林大學和中國社會科學院畢業後，在1994年，黃西來到了德州的萊斯大學，進修化學。2001年他移居波士頓，同時開始了他的英文脫口秀表演生涯。

黃西是主流媒體和社交媒體的常客。他在白宮政要面前演出過，也多次在大衛賴特蒙和艾倫的節目中出現。他熱衷於社交網絡，在臉書微博上發表言論，也喜歡讀各種各樣的郵件。

他經常在表演中開自己的玩笑。他也說他的生活平淡無奇，除了2010年。那一年他參加了全美喜劇節，同年也榮膺波士頓年度喜劇明星。

Improv Boston劇院的管理主任Zach Ward介紹黃西時說到：「當黃西來問能不能來ImprovBoston演出時，我說當然。當他繼續問是否能用中文表演整場演出時，我非常激動。作為一個非營利的劇院，我們的宗旨是將高質量的喜劇演出帶給大眾，讓觀眾在歡笑的同時有新的體驗。黃西的美國十八年正是這樣的演出。」

票價為18美元，憑學生證14美元。可在網上購買：www.improvboston.com。ImprovBoston坐落在劍橋市Prospect Street40號。

哈佛MIT學子響應世界肝炎日

7月28日是一年一度的世界肝炎日！在今年，國際肝炎組織連同其他國際夥伴，包括有世界衛生組織（WHO）和HBV團隊，一起參與一個國際性、在24小時內同步進行的活動！這個活動將會團結參與者，通過「閉目不見，充耳不聞」的活動來強調B型和C型肝炎在世界範圍內需要對肝炎關注更多的事實。參與者需要完成一系列象徵式姿態中的一個。它們分別是「看不見魔鬼」，參與者需要蒙上他們的眼睛；「聽不到魔鬼」，蓋上他們的耳朵；和「不說魔鬼」，封上他們的嘴巴。

HBV哈佛團隊的負責人David Yang說：「我們希望波士頓在今次全球性的抗爭中可作一個代表。」

根據世界健康組織（WHO），世界上大約有3.5億人患有慢性乙肝和1.7億人患有慢性丙肝，遠遠高於愛滋病毒的傳播或其他任何一種癌症。人們對肝炎的認知疲乏，許多肝炎病患甚至不知道自己已經受感染。因此，美國衛生及公眾服務部與全球其他衛生組織都將病毒性肝炎稱為「隱形殺手」。

亞裔人口在波士頓只佔總人口的少於十個百分比，但是在新患病B型肝炎的病例中，亞裔卻佔了五成。大約有二十五個百分比的乙肝患者如果得不到及時的治療，他們的病程將會發展為如肝癌等的嚴重疾病。在本地城市範圍中，亞裔之間的肝癌死亡率比其他族裔高出三倍。



學生們用遊戲的方式喚醒民眾對肝炎的關注。圖片由 Patrick George 提供。

孩子間的矛盾

作者 Leslie Pilder

即使是讀書前的年幼小朋友，他們亦會發現與其他小朋友會產生矛盾。一旦年幼的小朋友開始進入托兒所、學前班或幼稚園，更多與其他孩子的互動代表會產生更多的矛盾！為了讓孩子更好的發展他們的能力，幼童的教師每一天都需要用創新的方式去處理這些問題，亦會隨著年齡的變化有顯著的不同。當一個嬰兒爬行的時候碰到了一堆柔軟的障礙物並碰翻了它們，可能會打擾到附近一個幼兒。但是一個成年人的回應與一個五歲的孩子踢倒了同班同學花費了半個小時而建造的一個建築物的回應是截然不同的。但是在這兩種情況下我們都有機會去學習到關於矛盾。

當老師與家長發現到孩子與其他人產生矛盾的時候，有一些事是他們需要考慮的，不是絕對不是懲罰或者獎勵。年幼的孩子需要被教導在社會上遇到矛盾的時候，會發生一些什麼情況以及可能會導致一些怎樣的另類行為。一個小女孩很可能會因為想同其他的孩子一起玩耍而踢倒他們的積木，從而引起他們的注意。她需要學習如果用一種社會上可接受的方式去得到她想要的東西，但是首先她需要知道會有一個怎樣的體驗。一個幼兒會為了得到一個消防車玩具而咬他的同班同學（他想現在就得到！），在他哭泣與傷害到朋友感受的同時，亦需要知道他自己現在的感覺是怎樣的。以下的幾個步驟會根據孩子的不同年齡而進行調整，但是對於

改善孩子間的矛盾是一個很好的指引：

1. 心平氣和的去接觸他們，而不是任何傷害性行為
2. 確認孩子的感受
3. 獲取更多的信息
4. 重新敘述一次問題
5. 與孩子一起想出不同的解決方法，並從中選擇一個最好的
6. 準備好後援的支持

對於嬰幼兒來說，第五個步驟可被省略。當下孩子不能自主決定的時候，大人需要對他們做出建議。例如，大人可以說：“我見到你們都希望得到那個消防車玩具，我們可以怎樣？我知道，讓我們再拿另外一個玩具車，然後一起玩。”但是三歲大的小朋友已經可以有能力去思考問題，可以與他們一起討論多種不同的方法去得到他們想要的東西，並可以讓他們練習解決問題的能力。他們的某一些想法是需要得到精簡的，一個孩子可能會說解決的方法是給他所有他想要的。但是大人可以幫助他開始思考其他的孩子亦會有相同的想法，並給與他們另外的一個選擇。

矛盾是生活中的一部分，亦是學校生活的一部分。與你的孩子一起在過程中支持他們，勝過於用一些不可接受的行為去懲罰他們。這是一個很好的方法，讓他們做好準備在未來將會遇到更多的矛盾。

BRA

波士頓重建局將召開關於 Millennium Tower和Burnham Building 的聽證會

8月15日，星期三，下午6：30

地址：

Boston Redevelopment Authority Board Room
9th Floor of Boston City Hall

企劃說明：倡議者提交了一份有關企劃變更的通知(NPC)，並計劃翻新現時座落於華盛頓街與夏街交界、佔地約330,000平方英尺的8層Burnham大樓。該樓宇可作零售、餐飲、寫字樓及停車場用途。新的Millennium Tower發展企劃將會被設計為可作商住兩用的60層高塔。除居住用途外，該樓宇亦會包括健身俱樂部、零售及餐廳配套等設施。一個擁有多達550個停車位的大型多層地下停車場也會設在富蘭克林街，供給這兩座樓宇的用戶共同使用。

公眾諮詢截止日期為：2012年9月11日

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BOSTON, MA 02201

傳真：617-742-7783
電話：617-918-4297
郵箱：Geoffrey.Lewis.bra@cityofboston.gov

Brian P. Golden
行政主任/秘書

波士頓重建局



City Hall 9th Floor
1 City Hall Square
Boston, MA 02201
617.722.4300

自閉症生物醫學進展2012研討會

美中醫學交流學會 (ACMES) 將在8月26日於哈佛大學附屬麥克萊恩醫院 (McLean) 舉辦第二屆自閉症生物醫學進展研討會。

屆時參會者可聽到自閉症研究頂級專家瑪莎赫伯特 (Martha Herbert) 的「革命」性見解，並將在她剛出版新書《自閉症革命》上得到她的親筆簽名。參會者還將獲贈本月最新出版的《北美醫學與科學NAJMS》的自閉症專刊，該刊共包含10篇一流的自閉症專著論文，作者包括自閉症生物醫學治療的先祖Sidney Baker醫師、自閉症研究所醫學主任Elizabeth Mumper醫師、哈佛醫學院心理學專業Maria Mody教授、波士頓兒童醫院精神科專家Georgina Garcia教授、阿肯色州立大學醫學院自閉症中心主任Richard Frye教授、紐約州立大學的Randall L. Rasmusson教授、水牛城婦女兒童醫院自閉症中心主任Michelle Hartley-McAndrew 教授和Metamatrix臨床試驗室首席科學家Rich Lord博士等。

會上精湛的內容將涉及自閉症與中醫中藥：「中醫治療自閉症最新進展」、「中藥治療自閉症的最新進展」、「中藥及針灸的自閉症治療研討」；自閉症最新研究進展講演：「生物醫學治療自閉症的依據」、「自閉症與毒性化學物質」；以及從社交障礙的逆轉問題、多中心臨床試驗及新藥發現，食物耐受和聽覺整合療法的不同角度談自閉症。

各學科專家、教授、研究員包括哈佛大學中藥研究室主任David Lee教授、哈佛醫學院精神科William Stone教授、北京國際生物醫藥中心主任Ming Tong博士、麻州Framingham私立診所醫師Carol Englender博士、劉京中醫師、張群豪中醫師、大平原試驗室總裁William Shaw博士、Houston消化酶公司總裁Devin Houston博士及康州IDEA訓練及諮詢中心Sally Brockett主任等將出席當日活動。如欲獲取更多活動信息，可電郵：info@acmes.net。

塔芙茨為生物安全實驗室成立社區諮詢委員會

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因為他們要教課，並同時做研究，讓他們在兩個校區輾轉是不切實際的。

她說：「大多數研究項目對時間要求高，或需要在特定的時間進行，有時甚至需要在一些特殊的時間進行。便利的研究環境是一個研究成功的重要因素。」

另一名社區諮詢委員會成員梅伍銀寬也認為，這項研究將惠及子孫後代，同時她認為現時並沒有任何的風險。

她說道：「對於該項目，塔芙茨大學一直非常謹慎，並已採取所有預防措施。社區諮詢委員會亦會

負責監測其進程，我們將確保華埠居民的安全。」

想要了解更多有關委員會或項目的社區成員可以訪問該項目網站：www.medicine.tufts.edu/Research/Arnold8BiosafetyLab，或致電617-627-3780。

城市學院秋季如期開學

城市學院秋季班將在9月4日開學。8月27日至9月4日接受報名註冊。註冊地址：天滿街178號，波士頓學院總部。

城市學院主席鮑勃·裡根說道：「我們很高興我們的學校可以繼續經營下去，我們熱誠的歡迎學生報名秋季班。之前有媒體報導學院的財政遭遇挑戰，現在我很高興的告訴大家，在一些慷慨的捐助者和社區機構的幫助下，我們將繼續開課。」

城市學院主要針對低收入、弱勢成人團體，為他們提供學習的機會從而改善他們的生活。



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全美滅罪安全夜 大同村警民同樂

八月七日下午，波士頓華埠治安委員會在華埠大同村廣場舉辦全美滅罪安全夜（華埠）活動，十餘家社區機構積極配合，吸引數百居民參與活動。

全美滅罪安全夜作為一個全國範圍的打擊犯罪，維護地方治安，促進警民合作的活動，已有三十年曆史。今年波士頓的總活動第二十九屆全美滅罪安全夜（波士頓）在南波士頓的默克里公園舉行。下午五點左右，波士頓警察局A-1區警察小隊長Tom Lee抵達華埠，與居民一起參與華埠的安全夜活動。

除了警察局A-1區警察，警犬K-9小組亦到場，帶領警犬為居民表演節目。華埠主街、中華耆英會、華人前進會、王氏華埠青年會、塔芙茨大學及醫療中心、僑聲音樂社等十餘家社區機構擺出攤位，為民眾免費提供冰沙、氣球、有獎競答、選民登記、爆米花、血壓測量、牙齒保健等服務與遊戲項目。塔芙茨大學的工作人員更是別出心裁的使用絨毛玩具教小朋友使用牙刷和牙線。

在今年四月過世的關麗芬由華埠治安委員會追授了社區服務獎，以表彰其為大同村及公路村服務近四十年的貢獻。與關麗芬相識四十餘年的大同村首位管理經理陳家驊，以紅樓夢中的一首詩「紅我所居兮，青梗之峰，…，渺渺茫茫兮，歸彼大方」，表述追思之意，並與華埠治安委員會共同主席陳灼鑒一起頒發獎牌，關麗芬的弟弟關刀文代為接受。



右起：華埠治安委員會共同主席陳灼鑒和大同村管理經理翁麗芳、關麗芬的弟弟Andrew Quan、塔醫社區主任曾雪清、曾任大同村第一任管理經理的陳家驊、波市長亞裔助理翁耀漢及波市議員助理陳偉民等人在活動中合影。



警察局A-1區警察小隊長Tom Lee到場致辭。



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小朋友排隊玩遊戲。

塔芙茨為生物安全實驗室成立社區諮詢委員會

波士頓-為回應公眾對阿諾德8生物安全實驗室的關注，塔芙茨大學醫學院（TUSM）已組成一個社區諮詢委員會（CAC），以評估該項目的所有方面，包括好處及潛在風險，並分析在不同的公開會議上收集到的公共意見。該委員會於7月11日正式啟動。

社區諮詢委員會成員包括：亞洲社區發展公司執行董事陳潔澄、麻州房屋投資公司發展主任陳家驊、華埠主街董事會成員Richard Chin、何遠光、華美福利會執行董事李秋明、華埠治安委員會共同主

席陳灼鑒以及中華耆英會執行董事梅伍銀寬等社區人士。

社區諮詢委員會作為一個獨立的機構，其成員將運用各自的經驗和專業知識對實驗室項目提出任何疑問及關注。該委員會將定期舉行會議，在實驗室整個審批過程及實驗室運作期間，提供一個持續的聲音。

社區諮詢委員會成員陳潔澄在電話訪問中說：「華埠是一個非常多元化的地區，我們要確保每個人，不論他們是老年人，或是一個

年輕的家庭，或是一個研究生，都可以理解這是怎麼回事，同時也知道塔芙茨在傾聽並回應民眾意見。」

塔芙茨大學醫學院將在夏利臣街136號，其現有的醫療科研大樓中建設1700平方英尺結核病研究實驗室。這將是塔芙茨大學醫學院第一個生物安全3級（BSL-3）實驗室，並在2013年投入運行。塔芙茨大學醫學院在5月公佈消息後，已經舉辦了8次公開會議，邀請華埠居民對項目發表評論。

波士頓華埠居民協會的共同主席余仕昂提出一些華埠居民對在華埠的中心地帶建立生物安全實驗室有所顧忌。

他在接受電話採訪時說，儘管結核病不是一種嚴重的疾病，居民仍舊擔心任何可能的實驗室洩漏，這將直接影響他們的健康。

塔芙茨大學的公共關係主任Kimberly M. Thurler再三強調該實驗室將包括一系列的特殊功能來保護研究人員和社區安全。

她說：「我們有特殊的設施，如生物安全櫃和密封牆，及一個專門的空氣系統保護研究人員，防止研究中的病菌[肺結核]洩漏到外部環境。我們亦特別設立一個巨大的空氣過濾器房間，過濾將排出外面空氣。」

Thurler還解釋說，本土的BSL-3實驗室從未發生過任何影響周圍社區的重大事故。同時，肺結核菌不是非常危險的研究菌。

她解析道：「肺結核病菌增長其實相當困難，例如，陽光可以摧毀他們。這不是一種簡單如觸摸到門把手就會感染的疾病。它經由空氣傳播，在大部分情況下，只有肺結核病人靠近你咳嗽的時候你才會被感染。」

除了對公眾安全的關注，實驗室建於人口稠密地區也引發了一些華埠居民的顧慮。

在華埠工作的李雪也認為這類實驗室建立在一個擁擠的領域並不是一個好主意。

她說：「這樣的實驗室最好搬遷到一個不那麼擁擠的地區，以避免任何可能性的病菌洩漏。」

余仕昂也同意這個觀點。他提到塔芙茨有在郊區的其他校區，人口較少，更適合建立實驗室。

Thurler解釋到，華埠的地點有利於實驗室的運行。華埠是塔芙茨大學醫學院的主校區，在實驗室工作的人員都是醫學院的教職員。

- Safety Features:
- Biosafety Cabinets
 - Localized Tanks at Each Sink for Waste Water
 - Redundancy in All Safety Systems - Backup Power, Two Vent Fans, Two Autoclaves
 - Special Filters
 - Restricted Access Through Multiple Security Check Points
 - Boston Public Health Commission, Massachusetts Building Code, Federal Guidelines

- 安全措施包括:
- 生物安全櫃
 - 每個清洗盤附設消毒處理缸
 - 雙重保險包括後備電力，兩個排氣扇，兩個高壓滅菌器
 - 專用過濾組
 - 嚴格保安措施
 - 附合波士頓、麻省及聯邦安全守則

- Workroom #1
實驗工作室一號
- Workroom #2
實驗工作室二號
- Workroom #3
實驗工作室三號
- Open Laboratory
開放實驗室

- Mechanical
機械房
- Equipment
設備室
- Shower & Gowning
淋浴室 / 更衣室
- Anteroom
前室

